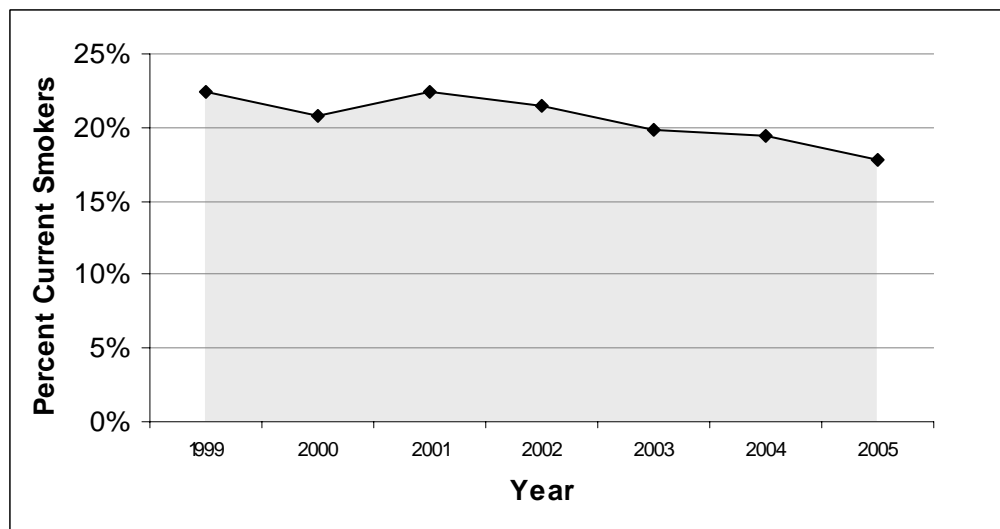


2005 Adult Smoking Rates

Adult Tobacco Use in Washington

- Since the state's comprehensive Tobacco Prevention and Control Program began in 2000, the number of smokers in Washington has declined by 21 percent.
- The decline in adult smoking translates to 205,000 fewer smokers, saving \$1.8 billion in future healthcare costs.
- The state's 2005 adult smoking rate of 17.8 percent, compared to 22.4 percent in 1999, shows a steady trend of decline in tobacco use. The rate in 2004 was 19.5 percent.
- Washington is a recognized leader in tobacco prevention and control. In a 2005 state-by-state ranking, Washington is ranked fifth in terms of lowest overall prevalence of adult smoking. In 1999, Washington was ranked 20th in the nation.
- The state is on target to meet the strategic priorities goal of 16.5 percent by the year 2010.

Decrease in Current Smoking for Washington (BRFSS 1999 - 2005)



-OVER-

- Smoking rates are highest among younger adults ages 18 to 29. Since 1999, the greatest reductions in smoking rates have been seen in adults 30 years and older.
- Smoking rates differ dramatically among racial, ethnic and sexual minority groups. In Washington, smoking rates are significantly higher among African Americans, American Indians/Alaska Natives and Lesbians, Gays, and Bisexuals, compared to whites.
- The Department of Health uses a comprehensive survey called the Behavioral Risk Factor Surveillance System (BRFSS) to collect a variety of health-related information, including tobacco use. In 2003, BRFSS began surveying Spanish-speaking residents to include the state's growing Latino population in health statistics. Using the more comprehensive survey data that includes both English- and Spanish-speaking respondents, the adult smoking rate in Washington is at 17.6 percent in 2005.
- According to the Centers for Disease Control and Prevention, Washington is ranked fifth in the nation. The top 10 states in order, beginning with the lowest rate: **(1)** Utah, **(2)** California, **(3)** Connecticut, **(4)** Hawaii, **(5)** Washington, **(6)** Kansas, **(7)** Idaho, **(8)** New Jersey, **(9)** Massachusetts and **(10)** Oregon.
- Washington's neighboring states have similar rates. Oregon's smoking rate is 18.5 percent and Idaho's is 17.9 percent. The national adult smoking rate continues to be above 20 percent.
- The Tobacco Prevention and Control Program has also made progress in reducing the number of youth who smoke. Since the program began in 2000, the youth rate has dropped by about half, from 25 percent in 1999 to 13 percent in 2004 for tenth-graders, and there are 65,000 fewer youth smoking in Washington.

Tobacco Prevention and Control Program Cessation Efforts

- More than 80,000 Washington residents have received free cessation services from the state's toll-free Tobacco Quit Line, 1-877-270-STOP. The quit line also provides a number for Spanish speaking residents, 1-877-2NO-FUME.
- The Tobacco Prevention and Control Program has trained thousands of physicians and other health care workers on how to help their patients quit.

The Work Ahead

- Tobacco use remains the leading cause of preventable death in the nation. Tobacco-related diseases kill about 8,000 people every year in Washington, more than AIDS, alcohol, drug abuse, car crashes, murders, suicides, and fires combined.
- Every day, 45 youth start smoking in Washington. And some socio-economic and ethnic groups are still disproportionately affected by tobacco use and tobacco-related diseases.
- The tobacco industry spent more than \$184 million in Washington in 2005 to recruit new and maintain current smokers, often targeting young adults between the ages of 18-29.